

BORONDARA

Bicycle Users Group

Rides Supplement April 2009

Camberwell Downhill Gourmet Bike Riders

March Ride: Eltham Circuit

The March ride was undertaken by 9 riders who enjoyed the Eltham Circuit ride but not before being directed by a local resident to the 'Glasshouse', a very nice spot to stop for coffee and delicious cakes. Continuing up to Research we enjoyed the relaxing ride along the aqueduct trail then to Diamond Creek for lunch in the park. Before returning to Eltham Station Graham and I checked out two new bridges built with fiberglass composite decking. Wearing my Bicycle Victoria hat I was keen to see if they may be the answer to building better bicycle boardwalks.

While some departed from Eltham three of us went exploring to Eltham Lower Park then to Old Eltham Rd. The views were great which means we climbed some hills! Exhilarating downhill runs on Bond Road took us back to the Yarra Trail hence to Heidelberg RS. Riding home from Alphington around a swollen ash-grey Yarra River added up to an interesting 60km day.

Graeme Stone

April Ride – Bay West Ride

Date: Sunday 19th April

The Ride: Werribee to Altona via Werribee South, Point Cook Coastal Park and Sanctuary Lakes. 45km. Bail out at Laverton cuts this by 10km. No hills of any description. If there's a strong wind on the day the route can be changed to a circuit to avoid battling it all the way.

Meeting arrangements: We'll catch the Werribee train that leaves Flinders St at 9.45am. Meet on the platform at the back of the train. If coming in by train on the Belgrave/Lilydale line you'll need to catch the train that reaches FS at 9.26.

Refreshments: BYO lunch to eat at Point Cook Coastal Park. We can get a coffee at Werribee before we leave, or at Altona before catching the train home, or both.

Leader: Julia Blunden. Please let me know if you intend coming on this ride. Phone: 9853 5095; email: jblunden@bigpond.com

Rides and Leaders for 2009

May 17th Graham Ellis; **June** 21st Geraldine & David; **July** 19th Elva; **August** 16th Bruce & Yvonne; **September** 20th ?; **October** 18th Bruce & Yvonne; **November** 15th Geraldine & David

As you can see an organiser is still needed for September so think about offering your services.

Dinners: Fridays July 24th and November 20th

Hawthorn Cycle Tours

Hawthorn Cycle Tours (run by the Hawthorn Aquatic and Leisure Centre) has 10 bikes (and helmets) available. Or you can bring your own bike (and helmet) if you prefer. Rides are on Tuesday mornings

from 9.30am - 11.00am. Child minding is available at the Creche. It is a social ride, with either a coffee stop out on the trail or on return to the centre (or both!). Distance travelled is usually between 15-20km, mostly flat riding with an occasional hill. Riders' ages vary from 20-70 years old. Contact: Hawthorn Aquatic and Leisure Centre, phone: 9815 0988, Website: <http://www.geocities.com/perften/Hct.html> or e-mail: lexbishop@bikerider.com

Ashburton Riders Club

ARC is an informal group of cyclists from (mostly), the Ashburton, Glen Iris and Camberwell area who ride for fun, fitness and good company. We seek to be inclusive of, and helpful to, all riders (male and female) and of differing fitness levels. We have approximately 70 cyclists on our email list.

We have a regular Sunday 7am ride to Black Rock for coffee. However, there are always more rides of shorter and longer distances and on other days. These alternative rides are organised by ARCers posting a notice on the [ARC Forum](#). We enter many of the main organised rides in Victoria such as Around the Bay, the Great Divide Ride and Amy's Ride.

You are welcome to join us for a ride.

Schedule of rides:

Sunday (every week), 7am to Black Rock for coffee (44k)

Monday (every week) Hawthorn velodrome leaving from 8 Audrey Cr at 6.10am, return 7am

Tuesday (every week) Carnegie velodrome leaving 6 Rosedale Rd at 6.10am, return 7am

Other Rides will appear here if advised to ARCer1 via a [Forum](#) message prior to Wednesday 5:00 pm .

Rides start from Ashburton Railway Station car park, west/city side of the track unless otherwise stated.

Contacts: Tony Landsell' email: tony@diacher.com or Justin Murphy, email: murphij@au1.ibm.com

Kew Neighbourhood Learning Centre Bike Riding Group

Get back into cycling. Explore the Yarra bike paths. Make sure you have checked your bike is in working order before you come. Rides are between 15km -25km. Let us know if you are coming.

Free - Second Wed of the month - 9.30am -12pm

Contact: Robin Kendrick, phone: 9853 3126

Surrey Hills Neighbourhood Centre Group

The group rides on the 2nd and 4th Monday, but will possibly move to weekly rides as interest grows. Meet at 10am at the nominated place. BYO drink. Most rides are 20-25km (3hrs approx) As no liability is taken by the SHNC, cyclists are encouraged to join Bicycle Victoria, and RACV Bike Assist as an optional extra. Bookings essential at the Centre Monday to Friday 10am-4pm. Surrey Hills Neighbourhood Centre, 157 Union Rd, Surrey Hills 3127; phone: 9890 2467; email: info@surreyhillsnc.org.au ; www.surreyhillsnc.org.au

Finbar Neighbourhood House Rides

We are now riding regularly on the third Sunday of the month. Meet at Finbar, 143 Kent Street, Richmond to ride at 10.30am. We try to stick to paths where possible and always include a stop for a cuppa and chat. ALL WELCOME.

Contact Deb in the office on 9428 7668 or 0403 028 200 on the day.

Sassafras Ride

Every Sunday all year. Starts at *Bike Life*, 114 Auburn Road, Hawthorn, near corner of Burwood Rd and the overhead railway bridge, Melways Ref. Map 45 F10. Arrive prior to 7:30am to ensure departure at 7:30am sharp. Arrives in Sassafras around 9:00am and leaves Sassafras by 9:30am Arrives back in Hawthorn around 10:45am.

Distance under 70km from Hawthorn to Sassafras return (includes the 7km 1 in 20 hill climb). Route: Auburn Road, Rathmines Road, Canterbury Road, Boronia Road, Mountain Highway (Wantirna Sassafras Road), Mount Dandenong Tourist Rd. You can join and leave the peloton anywhere along this route.

Refreshment stop: Café *Ripe*, 376 Mount Dandenong Tourist Road, Sassafras, phone: 9755 2100; Melway Ref. Map 66 F9.

Council on the Ageing (COTA) Cycling Group - Rides Program

Seniors Bike rides in 2009

We ride 4 Wednesdays each month.

- The 1st and 3rd Wednesday rides are short (20- 30km) to encourage less experienced riders to join us. The 2nd and 4th Wednesday rides are more challenging, (50- 70km).

- We generally meet at **10am** at the 'Place to meet' (see below). Check the current train timetable to arrive at the destination listed as close to 10am as possible. A coffee stop is found midmorning. We take our own lunch and picnic together on the long rides. Riders are welcome to join the ride along the way or cut the ride short at any point.

- If the temperature is 30°C or above on the day, the long rides will be cut short. For the rides in February and March bring your bathers as we will stop for a swim if it is warm enough.

Please contact **Janet Bennett** by e-mail janpeter@bigpond.net.au or on **9853 9808** to discuss details.

All riders are requested to join Council on the Aging (COTA). We also recommend that riders consider joining Bicycle Victoria for the insurance and service they offer.

Date	Place to meet	Description	Grade
April 1 st	Fairfield station MEL 30 K10	Short ride – explore the Darebin Creek trail~20km.	Easy
April 8 th	Fairfield station MEL 30 K10	Ride the Darebin Creek trail and return to the city via the Hume and Merri Creek trails. ~ 55km.	Medium
April 15 th	Fairfield station MEL 30 K10	Short ride – St. Georges rd circuit to Preston market and return via Darebin Creek trail ~20km.	Easy
April 22 nd	Fairfield Park MEL 30 J12 (ride from Fairfield station)	Up Yarra Trail to Heidelberg (coffee). Then <u>street route</u> west to Queens Park and Maribyrnong R. Follow River, Footscray Rd, Capital City Trails back to start. ~55 km	Medium
April 29 th		No ride	
May 6 th	Rushall station MEL 30 D11	Short ride – Merri Creek and Upfield Rail trail circuit ~ 20km.	Easy
May 13 th and 14 th	Ballarat station, Liddiard St. north.	Skipton Rail trail, an overnight ride of 104km. For Full details, contact Janet after January 2009.	Hard
May 20 th	East Malvern station MEL 69 B1	Short ride – Anniversary trail 30km.	Easy
May 27 th	Hoppers Crossing railway station MEL 206 J3	Travel to Hoppers Crossing and return to city via Werribee river, the Federation and the bay trail.~ 50km.	Easy unless headwind
June 3 rd	Heatherdale station	Short ride – Ringwood, Bayswater, to Jell's park for coffee and return ~30km	Easy

	MEL 49 D9		
June 10 th	Heatherdale station MEL 49 D9	Heatherdale station to Docklands, using the East link, Koonung creek and Capital city trails~ 50km	Medium
June 17 th	Heatherdale station MEL 49 D9	Short ride via Beasley's nursery ~30km.	Easy
June 24 th	Heatherdale station MEL 49 D9	Ride the East link trail to Seaford and return to the city via the coast. ~70km	Medium

Whitehorse Cyclists Inc

Last updated 20 March 2009

Date	Destination	Description	Distance and grade	Leader Contact
L Beginners' rides run on Sundays. Details posted on the beginners' rides page weekly				
Wed 01/04 9:30 to Fri 03/04	Kilmore East, Macedon, Bacchus Marsh, Melbourne	3 Day Unsupported Wed: V/Line 9:50 Shepparton train to Kilmore East (arr 10:44) then 60 km to Macedon; Thu: 50km to Bacchus Marsh; Fri 80km to Melbourne via Laverton (opt out Hoppers Crossing, Yarraville). Via secondary roads, Federation Trail and metropolitan roads	190 M/H	Phil E 9849 0552 And see February newsletter
Thu 02/04 9:30 am	Merri Ck and Moonee Ponds Tr	Merri Ck, (M) Coburg Mall, Upfield Tr, Fawkner, Moonee Ponds Ck Tr, Royal Park Bring Lunch	55 M	Alan M 9898 0415
Sun 05/04 3:00 am		Daylight Saving Ends		
L Beginners' rides run on Sundays. Details posted on the beginners' rides page weekly				
Sun 05/04 8:00 am	Southbank	Port Phillip Bayside Coast	60 E/M	Helga O 9873 2961
Tue 07/04 9:30 am	Easy Tuesday A Bit of Everything	Bayswater, Croydon, Kilsyth, (M)Montrose, Boronia Paths, quiet streets, gentle hills, short sections gravel (2km)	25 M	Gill B 9725 5310
Tue 07/04 9:30 am	Hard Tuesday Point Cook Homestead	Williamstown, Altona, Sanctuary Lakes, Point Cook, Laverton, Federation Trail, Somerville Rd, Footscray	80 M/H	Charles L 9723 4523 0431 592 874
Thu	Maribyrnong River	9:20am Train to St Albans (Zone 2), (M) Brimbank Park , Maribyrnong River	56	Mike McK

09/04		Path, Southbank	M	9816 3356
9:15 am				
L Beginners' rides run on Sundays. Details posted on the beginners' rides page weekly				
Sun 12/04	Docklands	(M) Docklands	40	Susan L
9:30 am			E	9853 3774
Tue 14/04	Easy Tuesday Abbotsford Convent Arts Precinct	Koonung Ck Trail, Fairfield , (M) Abbotsford Convent, Clifton Hill, Ivanhoe	32	David Y
9:30 am			E	9884 8037
Tue 14/04	Hard Tuesday Lysterfield Lake	Heathmont, Lysterfield Lake , (F) Valda Ave	55	?
9:00 am			M/H	
Tue 14/04	Club Night	Corner Station & Combarton Sts Monthly Meeting		Bob B 9801 2809
7:45 pm				
Thu 16/04	Greensborough	(M) Bundoora Park , (L) Kalparrin Gardens Greensborough	50	Russell H
9:30 am		Roads and bike paths with some hills	M	9841 7141 0400 178 194
L Beginners' rides run on Sundays. Details posted on the beginners' rides page weekly				
Sun 19/04	Three Creeks and Two Rivers	Darebin Tr, Thornbury, Brunswick, Merri Creek Tr, N Carlton, (M)Puckle St, Maribyrnong River, Kensington, Royal Park, Fairfield	40-45	Jacques F
9:30 am			M	9497 2306
Tue 21/04	Easy Tuesday Doncaster Templestowe Circuit	Koonung Ck Tr, Mullum Ck Tr, Beasleys Nursery, (M) Doncaster , Templestowe Some hills, but not too hard!	33	Geoff D
9:30 am			E/M	9836 1414 0428 361 236
Tue 21/04	Hard Tuesday Woodlands Homestead	Main Yarra Tr, Clifton Hill, Moonee Ponds Creek Tr, Woodlands Homestead, Tullamarine Airport, Ring Road Path, Merri Creek Tr	100	Charlie S
9:00 am			M/H	9894 3244
Thu 23/04	?	?	?	Mike T 9859 3647
9:30 am				
Sat 25/04	Anzac Dawn Service	Richmond , Shrine, Richmond for breakfast	25	Jacques F
5:00 am			E	9497 2306
L Beginners' rides run on Sundays. Details posted on the beginners' rides page weekly				
Sun 26/04	Bundoora	Darebin Ck Tr, (L) Bundoora Park , St Georges Rd	45	Bruce D
			E/M	9852 1921

9:30 am		BYO lunch or buy at Bundoora Park		
Tue 28/04	Easy Tuesday	Gardiners Ck Tr, (M) Docklands	40	David M
9:30 am	Docklands	(B) Flinders St , Richmond	E/M	9885 7673
Tue 28/04	Hard Tuesday	Lilydale, Woori Yallock, Warburton	80	Abdy S
10:00 am	Warburton Rail Trail		E/M	0413 327 650
Thu 30/04	Williamstown	(M) Clifton Hill, Zoo, Kensington, (L)Williamstown, (F)Docklands.	55	Roger P
9:30 am		Return options: Box Hill train, ride Royal Park or Main Yarra Trail etc.	M	9830 7902
L Beginners' rides run on Sundays. Details posted on the beginners' rides page weekly				
Sun 03/05	?	?	?	?
9:30 am				
Tue 05/05	Easy Tuesday	(M) Main St Warrandyte, Templestowe, Doncaster	41	Marion H
9:30 am	Warrandyte Gold	On and off roads with some hills	M	9841 7141
Tue 05/05	Hard Tuesday	Mullum Mullum Creek Tr, Main Yarra Tr	60	Barry McC
9:00 am	Yarra River Mouth		E/M	9848 1154
Thu 07/05	?	?	?	Bruce E
9:30 am				9848 4804

Banyule Bicycle User Group—Rides Program

Rides start from Heidelberg Park (Melway ref 32 B4) unless otherwise indicated. **Visitors are welcome to just turn up. Flexible ride options will be available at 9:00am Sundays or 9:30am Tuesdays and Fridays to cater for newcomers and others seeking to improve their riding fitness. For further details contact Graeme W. 9435 9687.** Leaders can also provide additional information if required.

EasyRide: every Tuesday and Friday **9.30am** – relaxed pace and informal, with break for coffee/snack/chat. **Contact: Les B. 9435 0615 for further details.**

HarderRide: every Tuesday and Sunday **9.00am**. BYO morning tea. Check program below.

<i>Apr</i>	<i>Ride/Event</i>	<i>Description</i>	<i>Leader</i>
Sun 5	<i>Belgrave</i> 60 km	Ride to Box Hill station. Take train to Belgrave. Downhill ride to bayswater and Dandenong Ck. Trail. Then streets (Eastlink an alternative) and Koonung Trail.	Graeme W/ 9435 9687
Tue 7	<i>Coburg Lake</i> 35 km	Out via Wilson's Res., Darebin Ck Trail, streets to Merri Ck. Return by Merri Ck Trail to Broadhurst Ave, streets, Darebin Ck Trail to Bundoora Park, Springthorpe.	John G/ 9439 3884
Wed 8		General Meeting – Watsonia Library 8:00pm	
Sun 12	“Riders’ Choice” Rider who suggests is leader, otherwise by agreement		
Tue 14	“Riders’ Choice” Rider who suggests is leader, otherwise by agreement		

Sun 19	<i>Quarry Hills Park</i> 50 km	River Gum trail to Watsonia and Mill Park. H2-3 into Park & some walking possible. Return through South Morang but avoiding Plenty Rd.	Richard B/ 9459 8648
Tue 21	<i>Knox City Circuit</i> 70 km	Anniversary Trail to E. Camberwell station (11 km). Train to Mitcham. Join Dand. Ck Trail. Then Blind Ck Trail (break near Knox SC) to Belgrave Rail Trail at Boronia. Train from here (at 36 km) or Heathmont (at 42 km) back to E. Camb., or bike all way home (short H3 + long H1).	Les D/ 9459 2701
Sun 26	<i>Royal Park</i> 35 km.	Out through Wilson Res, Capital City Trail. Return by Upfield trail to Coburg, streets, Merri Ck, and streets to W. Heidelberg.	Robert T/ 9457 1980
Tue 28	<i>Combined Group ride.</i> 9:30 start	Ride to La Porchetta in Rathdowne St, Carlton North for morning tea.	Les B/ 9435 0615

May

Sun 3	<i>Seven Trails</i> 68 km	Yarra, Anniversary, Gardiners Creek, Scotchmans Creek, streets (short H2, long H1), Dandenong Ck. Break Jells Park. Join Eastlink (some H3), and Koonung home.	Graeme W/ 9435 9687
Tue 5	<i>Edwardes Lake</i> 37 km	Out by Darebin Creek Trail and Reservoir Streets. Return by Ring Road, Greensborough and Plenty River Trail (a few H1).	Alan P/ 9435 9421
Sun 10	<i>Middle Maribyrnong</i> 60 km	Capital City Trail, Moonee Ponds Ck Trail and streets to Maribyrnong River. Up river to Canning St Reserve for break (switchback H2 both ways but great view). Return by streets (H2 from river valley) through Moonee Ponds, Brunswick, Thornbury.	Lou B/ 9459 6887
Tue 12	<i>Yarran Dheran</i> 42 km	Koonung Trail to end (some H1 and H2) and short streets extension to reserve for break & return.	Laurel M/ 9499 2636
Sun 17	<i>Yarra Bend</i> 35 – 40 km	Streets west to Merri Ck (1 x H2). Down the Trail to break at Studley Park. Return by Boulevard (some H1) and Yarra Trail.	Richard B/ 9459 8648
Tue 19	<i>Museum Gardens</i> 35 km	Capital City Trail, Canning St. to Gardens for break. Return by streets and Capital City or Upfield Trails.	Robert R/ 9439 1078
Sun 24	<i>Ceres</i> 40 km.	To Fairfield by Yarra Trail, then Merri Creek Trail to Ceres for break. Continue on Merri Creek Trail to Broadhurst Av exit and Reservoir streets to Darebin Trail	Graeme W/ 9435 9687
Tue 26	<i>Brimbank Park</i> ~70 km	Streets & trails west, with break at Coburg Lake. Meet Ring Road at Airport West, and on to Park for early lunch. Return down Maribyrnong River Trail (some H1 & H2) to Moonee Ponds, then streets east.	Maurie A/ 0409 186082
Sun 31	<i>Epping</i> 40 km	Out by Bundoora Pk. & Upper Darebin Ck Trail (H2 to Waiora Rd, H1 in Park) to Epping Reserve. Return by Mill Park streets, Plenty Rd path, Ring Rd Trail, Greensborough.	Richard B/ 9459 8648

NightRide: Every Wednesday **8:00pm from Rivergum Walk at Banyule Rd pedestrian traffic lights -**

20 km on Koonung trails or Yarra Trail to Westerfolds Park. Lights required. Contact: Robert 9457 1980

Manningham BUG

For general enquiries ring Harvey (03)9890-8006 or Garry (03)9439-5016

Mid Week Rides

There are rides on most Wednesdays. Meet at 9:30am at Warrandyte (outside Pasta Mania) for a local ride every second week, alternating with a 10am meeting at a distant location for a longer ride. Contact Don 9848-5803

Interested?

[Email us to find out more about the BUG - harvey@edwards.net](mailto:harvey@edwards.net)

Melbourne Bicycle Touring Club

Rides Program

April			
Sat 4 Apr	Prep for MAD Ride		
Sun 5 Apr	MAD Ride, Woodend and District	All hands on deck	David
Thu 9 Apr	Social Night		Glynn
Easter 10-13 Apr	Mitchell River NP	150km	Leon
Mon 13 Apr	Easter Monday wind-down - Craigieburn to Greensborough	32 km easy	John
Wed 15 Apr	Club lunch Gopals 12.30pm 139 Swanston St.	not much	Norm
Thu 16 - Apr	MAD Ride Debriefing		David
Sun 19 Apr	Lilydale to Dandenong	60 km med-hard	Geoff
Thu 23 Apr	Rosemary Speidel from CPF		John
Sat 25 Apr	Moonee Ponds & Merri Creeks	45km med	John
Sun 26 Apr	Pizza Extravaganza - Ride to the Dexters and make woodfired pizzas for lunch	10km Easy	Kirsty
Wed 29 Apr	Movies at the Astor - Dark Knight	not much	Kirsty
Thu 30 Apr	Social Night		

May			
Sat 2 May	Brimbank Park	45 km easy/medium	John
Sun 3 May	Heidelberg Artist Trail	20km Easy	Paul
Thu 7 May	Lakes District		Peter
Sat 9/05	Movies at the Astor - Gran Torino/Pride and Glory	not much	Kirsty
Sun 10 May	Pakenham to Lilydale via Gembrook	70 kms med.	Peter
Thu 14 May	Trip Planning		Paul
Sat 16 May	Family ride - Coburg Lake	15kms - easy	John
Sun 17 May	Ranges to the Sea - Ferntree Gully to Carrum	45 km easy/medium	John
Thu 21 May	Social Night		
W/E 23 - 24 May	Colac to Beach Forest	120km Med	Glenn
Sat 23 May	Williamstown and the Railway Museum	Under 30km easy	John
Sun 24 May	MTB Lysterfield	30 km med.	Geoff
Thu 28 May	Club Auction		John
Sat 30 May	Gellibrand Hill	35km medium	John
Sat 26 Sept - Sun 4 Oct	Kangaroo Island		Glenn

For information on the above rides, please contact the Touring Secretary, Paul Schofield 9444 0249, or at rides@mbtc.org.au. Please note that this e-mail address doesn't get checked every day - so don't expect an immediate response!

About the Ride Gradings **Easy:** Relatively short distances and easy terrain, with no critical time factor. Suitable for the occasional cyclist. **Medium:** Longer distances with varied terrain. Reliable gears, food, tools and wet weather clothing are advisable. Ability to maintain a reasonable speed to meet critical time factors is required. **Hard:** Long distances and/or difficult terrain. Extensive experience in all aspects of cycling is mandatory. Riders must be able to maintain a good speed throughout the ride.

YHA

YHA Cycling is made up of people who enjoy cycling in the suburbs and out in country Victoria with a sociable group of like-minded people, aged mainly between mid 20s and mid 40s. YHA Cycling is a recreational club, not a racing club, and we do a mixture of day and weekend rides. The group is based in Melbourne, Victoria, under the umbrella of the YHA Australia, and is one of a number of such local YHA activities groups.

YHA contacts: Ride Co-Ordinator Kathy on rides@yhacycling.org.au or mobile 0425-792 574, or Secretary Voula on secretary@yhacycling.org.au; website: <http://yhacycling.org.au>

Rides Calendar

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